



Circles of Caring Adult Day Services

www.circlesofcaring.org

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Circles of Caring Welcomes a New Season of Giving and Receiving

Though our focus at **Circles of Caring** is always on providing a safe, active, and enjoyable environment for those who need some extra care during the day, we sometimes don't fully appreciate how much our participants help to enrich the quality of their own lives by extending their circles of interest, their circles of success, and their very own circles of caring to those around them.

Take the case of James who has become our expert on the trivia question of the day. Not only does he trigger the interest of others in trying to answer the question when he's here, he calls in on days he's home to find out the question, tries to answer it, and challenges others to see if they can beat him to it.

While James has this kind of fun, he also appeals to others to get more involved in other challenging activities, such as games of chess that he finds interesting and stimulating. For James this helps him complete a circle of giving and receiving—he gives freely of his enthusiasm to others, and receives, in turn, his own increased feelings of success and enhanced self-esteem. He and we couldn't be happier!



Then we have Sally, who was missing the socializing she once had. After Sally's daughter saw what we do here, Sally now comes to **Circles** twice a week and extends her own circles of socialization to people like James and others in many of the activities we have to offer.



Now much of the old Sally is back, and all of us—and especially Sally herself—are the richer for it.

Finally, there are some circles of giving and receiving we may not think of in quite the same way. Four of our regular participants—Sarah, Lucy, Mark, and Matt—draw their circles of giving to let their husbands and wives take some much needed respite time to do some shopping, run errands, have lunch with friends—maybe just spend some time on themselves—that they as primary caregivers often lack.

How You Can Help Extend These Circles of Giving and Receiving

In this new season of giving, you can help all of these circles of giving and receiving benefit and grow by helping out with the very basics of living that support them here at **Circles**. James and Sally, Sarah, Lucy, Mark, and Matt would be pleased to know you'd be helping keep the lights on, and the heat and air conditioning going at different seasons of the year. On an average monthly charge for natural gas of \$129, and an average monthly charge for electricity of \$438, **Circles** spends an annual average of more than \$7,000 on basic utilities.

And the delicious and nutritious lunches that Bishop Place prepares, and that James and Sally and their friends look forward to, cost more than \$15,000 a year. Then there are all those snacks and other treats James and Sally and the others take part in making and enjoying with their friends cost another \$7,000. A relatively modest \$22,000 a year helps make our participants' fellowship by enjoying and sharing food a reality.

In fact, the total budget for these basics of extending our participants' circles of giving and receiving cost a bit more than \$29,000 a year, or about \$115 a day, for the days they spend at **Circles** with their friends. Won't you join us this year and help make **Circles'** mission of thankful giving and receiving a greater reality? Make it easy, rewarding, and track progress to goal by logging into info@circlesofcaring.org, or by writing us at 588 SE Bishop Blvd., Suite D, Edison Center, Pullman, WA 99163.

Thanks for Your Support!



Hollie Mooney, RN, BSN
Executive Director

PS The names of our participants have been changed to protect their privacy.

